Keep your coworkers safe from COVID

Get vaccinated

It's the best way to help protect yourself and others against severe illness and death from COVID.

You have 3 ways to find free, safe, and effective vaccines near you:

- Go to vaccines.gov
- Text your ZIP code to 438829
- Call 1-800-232-0233

Wear a mask

Wear a mask in the workplace when the COVID risk to your community is high. Learn more at cdc.gov/coronavirus.

Keep your distance

Try to stay at least 6 feet away from other people in the workplace.

Wash your hands often

Use soap and water for at least 20 seconds or use a hand sanitizer with at least 60% alcohol.

Stay home if you're sick

Stay home from work if:

- You're infected with COVID.
- You have any COVID symptoms.
- You've had close contact with an infected person.

Get tested

It's easy, and it's the only way to know for sure if you have COVID.

How COVID spreads

Infected people exhale virus particles—especially when they cough, sneeze, or talk.

You're most likely to get infected if:

- You're close to an infected person and breathe the same air—particularly indoors.
- You get virus particles in your eyes, nose, or mouth.

Remember: Infected people without symptoms can spread the virus.